

May 2017



Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

May is National Arthritis Awareness Month!

Time to take action!!

Approximately **32% of Kentuckians** have doctor-diagnosed arthritis.¹

Arthritis is the most common cause of disability among U.S. adults.² Arthritis is common in those with heart disease, diabetes and obesity. Having arthritis commonly limits physical activity. However, researchers suggest that arthritis-appropriate physical movement is good for reducing the symptoms associated with the disease.² Gentle physical activity such as walking, swimming, and light strength training can help lower pain and increase strength to improve conditions.

Take control of your health. Maintaining a **healthy body weight**, and **eating healthy foods** can decrease the risk and improve symptoms of chronic diseases and conditions. Following a safe plan for physical movement (**exercise**) can significantly improve your health and overall quality of life.

The Centers for Disease Control and Prevention recommend arthritis-appropriate evidence-based interventions to help reduce the symptoms associated with arthritis. Healthcare providers can help by referring patients to these interventions.



1 in 4

About 1 in 4 (54 million)
US adults have arthritis.³

24 million

About 24 million adults
are limited in
their activities
from arthritis.³

About 40%

Adults with arthritis can
decrease pain and
improve function by
about 40% by
being physically active.³



Want to learn more? www.cdc.gov/vitalsigns/arthritis

Recommended interventions that can help!

Walk with Ease

safe 6-week walking program!

Chronic Disease Self-Management Program

6-week program to improve abilities to self-manage health!

Enhance Fitness

strength and condition program available at many Kentucky YMCAs!

Need info on program availability?



800-633-8100

Arthritis in daily life

- One-third of adults over age 45 with arthritis report anxiety or depression.³
- More than 20% of adults with arthritis find it very difficult or cannot walk 3 blocks.³
- African Americans and Hispanics with arthritis are more limited in their activities due to their arthritis.³

Managing arthritis

- Arthritis aches and pains do not have to be a normal part of aging.³
- Physical activity—walking, swimming, biking—is good for arthritis.³
- Physical activity can reduce pain and improve function.³

Who has arthritis?

- About 23% of adults have arthritis.³
- Nearly 60% of adults with arthritis are women.³
- Nearly 60% of people with arthritis are working age.³

References:

1. *Kentucky Behavioral Risk Factor Survey (KyBRFS)2015Data*. Department for Public Health, Cabinet for Health and Family Services, Frankfort, Kentucky, [2015]
2. Barbour, K. E. (2017). Vital Signs: Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation—United States, 2013–2015. *MMWR. Morbidity and Mortality Weekly Report*, 66.
3. Centers for Disease Control and Prevention [CDC, 2017]. *CDC Vital Signs*. Located at www.cdc.gov/vitalsigns.

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<http://chfs.ky.gov/dail/default.htm>